

Control Myself

COPPER **KNOB**
BY STEPHENETS

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Kash Bane (UK)
音樂: Control Myself (feat. Jennifer Lopez And Jermaine Dupri) - LL Cool J



Start at approx 12 seconds into track with the heavy beats after 'LL Cool J' is said, main dance starts right after intro

HIP BUMPS, FULL HIP ROLLS

1-4 Bump hips left, right, left, right
5-6 Roll hips in a full circle left
7-8 Roll hips in a full circle right

KICK FLICK JUMPS, KICK STEP JUMPS

1&2& Kick right foot forward, flick right foot back so knee is parallel to floor, jump feet shoulder width apart, jump feet together
3&4& Kick left foot forward, step left foot next to right, jump both feet shoulder width apart, jump feet together
5&6& Repeat steps 1&2&
7&8& Repeat steps 3&4&

RIGHT ROCK, COASTER WITH ATTITUDE

1-2 Rock right foot forward, recover onto left
3&4 Step right foot back, step left foot next to right, stomp forward on right foot adding attitude

STEP, HEEL SPLIT, PRESS, HITCH, 1 ¼ TURN WITH HITCH, STEP, HITCH

1&2 Step left foot next to right, split heels, close heels
3-4 Step to right and place heavy weight onto it, push off right foot and hitch right knee
5&6 Step right to right side, make a ½ turn over right shoulder stepping left to left side, on ball of left do a ¾ turn over right shoulder while hitching right knee
7-8 Step down on right foot, hitch left knee

SLIDE, HIP BUMPS WITH ¼ TURN, KICK, SIT, CHEST POPS

1-2 Take a large step to the left with left foot, slide right foot next to left
3-4 Bump hips right then left making a ¼ turn left
5-6 Kick right foot forward, squat down as if sitting on heels
7&8 As you rise up, pop chest out, in, out

HOP WITH HITCH, WEAWE, POINT, SNAKE LEFT, HIP ROLL WITH ¼ TURN

1 Hop back to left diagonal on left foot while hitching right knee
2&3 Step right foot behind left foot, step left foot to left side, cross right foot over left
4 Point left toe to left side
5-6 Snake to the left placing weight onto left foot and pointing right to right side
7-8 Roll hip round to the right making a ¼ turn right

Your right toe should be pointing forward

FLICK, STEP, FULL TURN, ¼ FLICK STEP, COASTER STEP

1-2 Flick left foot back while placing weight onto right foot, step forward onto left foot
3&4 Make a full turn forward stepping right, left, right
5-6 Flick left foot back while turning a ¼ turn right on ball of right foot, step left foot forward
7&8 Step back on right foot, step left foot next to right, step right foot forward

REPEAT
